



Chickpea Curry (Chana Masala) - Dish No. 1 in Picture

The secret to that captivating sauce is the baking soda

- 2 to 3 Tablespoons avocado oil
- 2 teaspoons cumin seeds
- 2 teaspoons coriander powder, divided
- 1 teaspoon baking soda
- 4 (16 oz.) cans Chickpeas or Garbanzo beans, drained
- 2 teaspoons cumin powder
- 1 teaspoon Garam Masala
- 1/2 teaspoon black pepper
- 1 teaspoon Chana Chickpea Masala
- Water as needed to cover the chickpeas
- 1/2 teaspoon fennel seeds
- 1/2 to 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt or as desired
- 1 (8 ounces) can tomato sauce
- 1/4 to 1/2 cup water

Garnish: chopped cilantro as desired

Serve with naan bread for a complete meal

In a large pot or skillet, heat oil on medium heat, add brown cumin seeds and 1 tsp. coriander powder until fragrant; add baking soda. Stir in the drained chickpeas to coat.

Add remaining coriander, cumin powder, Garam Masala, black pepper, Chana Masala, and enough water to cover the chickpeas. Add fennel seeds, bring to a boil; reduce heat to simmer. Cook about 5 minutes; stir and taste.

Add paprika, garlic powder, salt, tomato sauce and water. Cook the chickpeas until tender and heated through and the consistency you prefer, about 5 minutes. Sangita says to “taste the flavor of the pot.”

To Serve: Spoon into a medium sized bowl; sprinkle with chopped cilantro. Serves: about 4

GGNote: Rinsing the canned chickpeas reduces the amount of sodium.

Recipe from: Sangita Handa – Indian Home Cook

Sangita’s recipe Using baking soda softens chickpeas for a creamer texture and is especially useful if using fresh chickpeas.

About the Recipe: This is a family recipe for mildly spiced chickpeas, filled with warm Indian spices. If you love hot food, add a touch of green chilies to the recipe. She served this sprinkled with chopped cilantro and toasted warm naan bread.